

# Recipe Prep Sheet

## 990252 - Hummus, Chickpea, 1/2 cup

Recipe HACCP Process: #1 No Cook  
 Source: Local  
 Number of Portions: 10  
 Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
990550	Garbanzo Beans, Chickpeas, LS, 6/#10, Furmanos	1 qt + 1 cup	1. Combine ingredients in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. Do not overmix. 2. Portion ½ c in souffle cups 3. Cover souffle cups  CCP: Date, label and refrigerate at 40 degrees F or lower until ready for service. <b>Use hummus within 5 days of preparation</b>
900771	GARLIC, GRANULATED	1/2 tsp	
990543	Lemon Juice, Shelf-Stable, 12/32oz, GFS	1/4 cup	
014429	WATER, MUNICIPAL	1/2 CUP	
990571	Oil, Olive and Soy Blend, 6/1gal	1/2 cup	
002028	PAPRIKA	1/2 TSP	
990577	Salt, Iodized, 18/2.25lb, GFS	1/2 tsp	
990688	Tahini	2 tbsp	

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories <sup>1</sup>	244.789 kcal	Total Fat	14.716 g	Total Dietary Fiber	4.354 g	Vitamin C	*0.026* mg	54.105% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.803 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	7.540 g	Iron	*0.029* mg	6.628% Calories from Sat Fat
Sodium <sup>1</sup>	259.744 mg	Cholesterol	0.000 mg	Vitamin A	*56.642* IU	Water	*11.861* g	*0.000%* Calories from Trans Fat
Sugars	*4.012* g	Carbohydrate	21.764 g	Calcium	*0.803* mg	Ash	*N/A* g	35.564% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.228			12.321% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup
				Vegetable	.5 cup
				Milk	cup

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.